Beware of a meek-looking man or mule. It may not last,

Some men smile in the face of ad versity, but they don't mean it. Perhaps a girl's red hair is for the

purpose of keeping her temper warm Many a married man spends the rest of his days wondering why he

Most people manage to get stuck

on themselves without the aid of any

Mexico's war looks like the comic opera kind. Sometimes a man tries to please his wife just the opposite way he would

any other woman. The trouble with the man who says a smart thing is that he always books

It for a return date. A southern aviator who jumped be successfully done.

We may be sure that it is a wise hen which eats a cement floor in order to lay hard-shelled eggs.

The discovery that typhoid fever is they a few more things to be swatted.

Eloping in an aeroplane accomplishcreasing the hazard of matrimony.

cursor of the singless mosquito is the earnest prayer of New Jersey people. November has no hay fever, no

Christmas rush, and no spring freshets. Yet very few poets sing its praise New York's barroom for women

is variously considered. Some innocent observers are envious and some are not. About the only thing that can be ating from a serious sickness. said for the eclipse of the moon is that

A Texas woman left \$100,000 for the support of old maids. But how are

they going to be convicted of being old maids?

automobile. roform administered to the fly before

swatting him. A story from Chicago says there are calves there worth \$5,000. That's nothing: there are calves on Fifth avenue,

New York, worth \$5,000,000, The dictates of fashion has put the soon know what our best girl really

looks like without her disguise, There are some things we do not understand. One of them is the mad and almost universal desire to change

the color of a meerschaum pipe. A Los Angeles youngster stood on his head on the top of skyscraper to

A taxicab in Athens, according to an exchange, is called a polipolytantocinetharmoxaxe. That's what a taxi chauffeur is called in this country when he presents his bill.

Milk makes an excellent tonic for the hair, according to the prima donna who discovered the \$15,000 lump of ambergis. Those press agents do have to work hard for their money.

Beef is probably going higher, but rabbits will soon be on the market At the same time they will not be widely popular until someone invents a device to dig shot out of the teeth

A playful person threw a melon into a passing taxicab in Brooklyn the other night. Many an actor along the great white way is praying that melons do not become popular substitutes

America's oldest doctor says modern physicians are not much better on cures than the healer of a half century ago. But the old fashioned doctor didn't have all the ailments and diseases to treat they have nowadays

An increase of more than one-third in the number of cigarettes consumed in three months is another proof that advertising pays.

Mayor Fitzgerald of Boston favors The county will await with interest being swept away.

"Woman makes the most of her-self," says an "ad" writer for a department store. But that doesn't prevent the department store from offer-

ing her all the aid she will accept. Again the playful gun is in evidence in different sections of the country Until the joke of taking chances in pulling triggers of supposedly un loaded weapons is foregone by trust was killed when a Chicago & Alton

When a submarine is cut in two by an ocean liner, and a torpedo boat de stroyer is put on the damaged list by a tramp freighter, the mind goes into curious speculation over the check to sea power that might be administered by a tough little tog.

follow the joke.

County Register U. S. SHIPS' VISIT **WORRIES MEXICO**

EXPLANATION OF SENDING FOUR VESSELS UNSATISFACTORY. STIRS UNEASINESS.

NOTE CAUSES ILL FEELING

Negotiations, Started in September, Are Unsatisfactory to Both Countries-New Minister to Grant Amnesty.

Mexico City.-Mexicans are not wholly reassured by the Washington Compared with the Balkans affalt declarations and are keenly interested in the proposed visit of four American battleships to Vera Cruz and the motive for their coming.

Much interest is displayed in the character of the Mexican note replying to that which the United States sent to Mexico in September.

It is no secret that the American note is not pleasing to the Mexican government, and the failure of the Mexican foreign office to discuss the from a biplane proved that it cannot nature of the reply gives some basis for believing it is not entirely pleasing to Washington.

Convinced numerous bands of rebels in the states of Durango, Coahuila and southern Chihuahua are continuing their operations merely because believe surrender would mean carried also by bugs and roaches adds summary execution under the suspension of guarantees. Rafael Hernandez, the new minister of the interior, announced that he would attempt to es the seemingly impossible by in- gain for them a promise of amnesty.

Gen. Orozco Reappears. Minister Hernandez has issued That the stingless bee is the pregeneral order to the rurales to commandeer horses when needed, giving receipts to the owners and notifying the government. The rurales have complained that frequently they are unable to follow the insurrectos on ac-

count of worn-out mounts. Out of the mass of rumors as to the whereabouts of Gen. Orozco, that most credited is the report that he has reappeared at the head of some hundreds of men east of Ojinaga, in the state of Chihuahua, after recuper-

The governor of Vera Cruz reports one may watch it and smoke at the near Tuxpam, "the last band of rebels in the state has been exterminated."

Borrowed Gun Protects Train. El Paso, Tex .- A machine gun borrowed from a Mexican gunboat is being used to protect a troops train Nobody denies that automobiles are which left Juarez to patrol the railnot eat even the costliest cuts of an the border. The gun is mounted on a flat car.

The train, carrying 500 troops, de-That man who pleads for anesthet parted over the Mexico Northwestern ics for rats would probably want chlo- railway shortly after arriving over the Mexican Central line. It is planned Chihuahua city and Juarez.

Movies Made Him a Bandit. Los Angeles, Cal.-Moving picture ban upon switches and puffs. We will he made a pathetic appeal for probaprisoner, showed him "how easy it grounds for the injunction, and the was done."

Carnegie Strike to Spread. Pittsburg.—That a walkout of at least 10,000 steel workers is threatened here if the Carnegie Steel company attempts to resume operations "test his nerve." He was arrested in all departments, using strikebreakers in the places of the striking trainfor shattering the nerves of passersmen, was the persistent report here.

> Money for Chinese War Fund. San Francisco.—The Chinese consulate announced that two subscriptions to the Mongolian war fund of \$20,000 each had been received from New York and Cuba. It is said that every large city in the country will contribute at least \$50,000.

Three Killed, Four Injured. Olive Hill, Ky.-Robert Hedges Bob Baker and a young son of Robert Erwin were killed and William Knipp, Willard Erwin, Matthis James and Enley Ownly were injured when a relative. grist mill boiler exploded.

To Wed Folish Count Baltimore-Cable messages from Pekin announce the engagement of Miss Louise Warfield, daughter of former Gov. Warfield, to Count C. Ledochowski, a member of the Polish nobility. He owns a large estate in

\$200,000 Armour Fire. Chicago.-Fire destroyed the pro vision house of Armour & Co. at the Union Stock Yards, causing a loss estimated at \$200,000. The building was a three-story brick structure.

Prairie Fire on Border. Swift Current, Sask.—A prairie fire is sweeping south of here over a territory 40 miles wide and extending to the North Daketa boundary line. Farm a law limiting hatpins to six inches. buildings and everything before it are

> Historic Texas Town Burns Brenham, Tex.-The last of the his toric town of Old Washington, on the Brazos river, at one time capital of the state and where the declaration of Texas' independence was promul gated, has been destroyed by fire.

Train Runs Down Autoist. Springfield, Ill.—Benjamin F. Fletch er of Springfield, a retired farmer ing jokers, funerals will continue to train struck his automobile near Chatham. Fletcher was more than 70 years old.

> Suffragettes Destroy More Mail, London.—Desipte the close watch shich had been kept by the police offragettes again destroyed the con ents of various mail boxes by pour ing chemicals into them. They even invaded the general postoffice.

WHEN A FELLER NEEDS A FRIEND



DENIAL OF INJUNCTION IS AF-FIRMED IN HIGHER COURT.

Buck Stove Manufacturing Plant to Be Conducted on "Closed Shop" Basis Held to Be Legal.

St. Louis.-An opinion handed down by the United States court of appeals, in the suit of C. W. Post, minority stockholder in the Buck Stove and Range company, who sought an injunction restraining the company from entering into an agreement with the labor unions whereby the manufacturing plant of the company should be conducted on a "closed shop" basis, was a decided victory for the labor unions.

The opinion, which was written by Judge William C. Hook, and conthat with the capture of Garcia Bravo curred in by Judges Walter H. Sanborn and Walter I. Smith, sustains the decision of Judge D. P. Dyer, in the United States district court, who denied Post the injunction he sought. For years the Buck Stove and

Range company, of which J. W. Van Cleve was president, fought union labor in its plant. After the death of becoming cheaper, but then one can ways between the state capital and Van Cleve in 1910 the company then entered into the agreement whereby it would employ nothing but union labor in the plant. Post, who owns \$55,000 of the preferred stock and \$55,000 of the common stock of the company, the capital stock being to continue making this loop between \$1,500,000, filed the injunction suit in the United States district court, holding that the agreement wa sillegal, contrary to public policy and in violation of an act of congress adopted shows caused his downfall, according in July, 1890, relative to public trade to Cornelius Hadsaacker, who pleaded and commerce, claiming that the emguilty to highway robbery, after which ployment of union labor would be a violation of the act.

Judge Dyer held th court of appeals has sustained his

LISTED AS VICTIM IS ALIVE

Woman's Mind a Blank for Two Years After Iroquois Fire-Takes an Assumed Name.

Grand Rapids, Wis.-Mrs. Sidney Burrows of this city found her mother after a search extending over nine years. Mrs. Ella Mayhew, Mrs. Burrows' mother, now a nurse in the Red Cross hospital at Chicago, was listed among the victims of the Iroquois fire. She was badly injured, and for two years after the accident her mind was a blank. When her memory returned she learned that her husband, believing her to be dead, had man ried again, so she took an assume name and became a nurse. Her identity became known when she laid claim to a share in the estate of a

FORMER SENATOR DIES POOR injured permanently or marked.

The Gentleman From Mississippi Gained National Fame Through "Brotherly Love" Speech.

Okalona, Miss.—Former United States Senator James Gordon, 'The Gentleman from Mississippi,' died here. He gained national fame during his brief term in the senate chiefly through a "brotherly love"

He was in straitened circumstances and recently was appointed game war den for his county.

Czarina Attempts Suicide. Berlin.-Cable dispatches received from St. Petersburg say the czarina attempted to commit suicide after be ing informed by physicians that there was no hope for the complete recovery of Grand Duke Alexis.

Kansas City, Mo .- Two mail pouch es stolen from a mail car last June were found buried in a sand dump. They contained bonds valued at \$150,000, consigned to New York by the Commerce Trust company. Two Die in Managua Riot.

Washington.-Advices to the state

department report a fight between Nicaraguan police and soldiers, in

which an Englishman was killed, one

soldier killed and one mortally wounded. Negroes Held for Killing Deputy. Lexington, Ky.-L. L. Leck and Ben Emory, negroes, charged with the assassination of Deputy Sheriff Hart at Winchester, Ky., were captured at Charleston, W. Va., according to re-

CABINET ABROGATES CONSTITU TION AS UNSATISFACTORY.

Nazim Pasha Always Had Opposed New Order-Constitutionalists Gradually Weeded Out.

Constantinople.-The cabinet decided to abrogate the Turkish constitution, declaring that after nearly four years' trial it has proved wholly unsatisfactory. In the general excitement over the

war, Constantinople did not seem to realize at first that the government's announcement amounted to nothing less than another revolution. Preparations for the step had been

made very carefully. For days past the authorities have been quietly gathering in the Young Turkish leaders and taking them to places of confinement on the Asiatic side of the Bosphorus. Constitutionalists in high amny posts have been weeded out gradually and men who were known to believe popular government poorly adapted to Turkish requirements put in their places. Nazim Pasha, the minister of war

and active commander of the army, has always opposed the Young Turks. Enver Bey, the ablest man in the Young Turkish organization, has been in Tripoli since soon after the outbreak of the war with Italy. The coup evidently was the result of long, careful planning. Everything indicated that the Absolutists had

been awaiting their opportunity for The war with the Balkan allies furnished this opportunity. The Young Turks were wonderfully clever as conspirators, but none of them have administrative ability. Instead of devoting themselves to the business of real reform when they

they played politics.

They were theorists, and each had a different theory of government which he insisted on trying.

LAW AIDS VICTIMS' FAMILIES

Dependents of Eleven Men Killed in Waukegan, III., Refining Plant to Get \$2,500 Each.

Waukegan, Ill.—Families the men who were killed in the explosion and fire that destroyed the starch plant of the Corn Products Refining company here last Monday and those who were injured will be compensated under the Illinois working men's compensation law, which adjusts damages automatically.

The dependents of the dead men of whom 11 have been identifiedwill receive about \$2,500 each. Virtually all of the 22 injured remaining in the hospital will be paid under the disfigurement clause of the law, each of them being burned so badly that those who are not actually helpless the remainder of their lives will be

Kills to Have Gun Notched. Springfield, Mo.-Because he want ed a notch on his gun to display his prowess in true bandit style, Harry Dishman, 16 years old, shot and killed Calvin Higgs, a negro hetel ported,

Woman Slayer Sentenced Marion, Ill.-Mike Russio ples guilty to the charge of murdering his mother-in-law. His punishment was fixed at life imprisonment. Circuit Judge W. W. Clemens presided.

Red Cross Seal Sale Begins New York.-More than 85,000,000 Red Cross Christmas seals were placed on sale, the proceeds to go for the benefit of the anti-tuberculesis movement in the community where the seals are sold.

Plans Dinner for Cannon. Washington.-Plans for what will be one of the most remarkable dinners ever given in Washington are being arranged by friends of former Speaker Cannon, who intend to mark his retirement from congress.

Santo Domingo.—The resignation of Eladio Victoria, president of the Dominican Republic, was tendered and formally accepted by congress. Hostilities have been suspended throughout the republic.

Three Negroes Are Lynched. Shreveport, La.—Wood Burke, Jim Heard and Silas Jimmerson, three negroes, who attacked and seriously wounded Deputy Sheriff Edwards of Bossier parish several weeks ago.

ADMITS KILLING TWO BOYS

CHEMIST CONFESSES MURDERS TO BUFFALO POLICE.

Blames His Downfall to Drink-Confesses Writing Postcards That Led to Finding of Body.

Buffalo, New York.-District Attorney Dudley announced that J. Frank Hickey, the chemist, had conlessed to the murder of Joseph Josephs, and also to the killing of Frank Krucke, a New York newsboy, who

10 years ago. Hickey began his story calmly and deliberately, but when he came to the part of actually committing the murders he broke down and wept.

was found strangled in Central park

"Drink, drink, that's what caused my terrible downfall," the man exclaimed as his frame shook with sobs. "I've stood it as long as I could, but I've got to confess. Oh, the hell my life has been since that time, when late in the afternoon of October 12, I lured that little Syrian lad to his awful doom.

"Yes, I wrote the postcards. I wrote them mostly when I was drunk. I drank to try and get away from my remorse, and for a time it seemed that I would forget it, but in these spells I used to become consciencestricken, though in a different manner, and write the cards telling of my state of mind."

EX-CONVICT AGAIN ACCUSED

Aided by Friends to "Live Down Past," Bank President Is Held on Forgery Charge.

Clinton, M .- John Ogden, president of the Farmers' bank of Deepwater, Mo., was arrested and brought to Clinton and placed in jail, charged with forgery and giving forged collateral securities. All of his property has been attached and levied upon. His forgeries and misappropri

ations are placed at \$15,000. The bank was organized about two years ago and has a capital stock of \$10,000, Mr. Ogden owning 22 shares. past record, he having served a term in the penitentiary from Davies county for stealing several years ago.

FATHER OF 23 CHILDREN DIES

William G. Maguire, Aged 99, and Thrice Wedded, Was Tuscola's Oldest Citizen.

Decatur, Ill.-William G. Maguire, 99 years old, hfater of twentythree children and the oldest resident in Tuscola, is dead. He was born in Estell county, Ky., August 4, 1813. After burying two wives Maguire

lived with his third for forty years. Fourteen of the twenty-three children are living. Maguire was a physician for twelve years, but, having no license, received only \$1.75 for services in that period. He never drank and owned the first kerosene lamp in Douglass county.

the then extraordinary light. VOW LOYALTY TO U. S. FLAG

People for miles around went to see

Thousands of Lawrence Citizens Hold Patriotic Demonstration Fol-

Lawrence, Mass.-Uniting in series of mass meetings, thousands of citizens of Lawrence renewed their vows of patriotism and loyalty to the nation's flag. They also pledged themselves under any and all circumstances to support the city government in enforcing the law for the protection of property and the preservation of law and order to maintain and defend the honor of the city. Earlier in the day 1,500 textile operatives gathered in a vacant field and listened while Joseph J. Ettor, the Lawrence strike leader, expounded the doctrines of the Industrial Workers of the World

CZARINA ATTEMPTS SUICIDE

Mother of Grand Duke Alexis Attempts to Kill Self When Told Real Condition of Czarevitch.

Berlin, Germany.-Code dispatches czarina attempted to commit suicide after being informed by court physiclans that there was no hope for the complete recovery of Grand Duke Alexis, the young czarevitch.

The conditon of the czarina's health' steadily has been growing worse since her son was stricken.

she tried to end her life are given in on the prosequtor. Expleding Boiler Kills Three. Olive Hill, Ky.—Three are dead, one probably fatally injured, two seri-

mill here, caused by a defective boiler. 15,000 Killed or Wounded. Washington.-That 15,000 persons probably were killed and wounded in a typhoon that swept the Philippine islands was reported in cable dispatches to the bureau of insular af-

London Hears Peace Rumer. London.-According to an uncor firmed dispatch from Belgrade, the Turkish and Balkan allies' peace representatives have agreed on terms. Turkey, said the message, is to retain the Tchataldja line of defenses.

Chicago.—After more than 16 years depositors in the private bank of Emilio de Stefano will be paid in full. Stefano's two sons announced they had the \$12,000 to square their father's debts.

Five Correspondents Arrested Sofia.-Five English and French war correspondents were brought herunder arrest from the Bulgarian town of Jamboll, 56 miles north of Adrianople, accused of trying to get information by bribing sentries.

NEWS of MISSOURI

CHANCE FOR DEER HUNTERS.

Missourian Who Has 14 on His Farn

Wants Them Killed Off. Joplin.-A big buck deer and a doe vere killed by J. Stevens and O. F. Freeman at the farm of J. W. Free man on Silver creek, three miles south of Joplin.

A proposition to sportsmen has been made by Mr. Freeman. He will give any person the right to kill off the remaining fourteen deer on the place if they will pay him by the pound for the game weighed on the boof.

Deer were placed on the farm by Mr. Freeman twelve years ago. They have run wild until this year, none of them ever having been killed. The deer are becoming so wild and dangerous, however, that Ir. Freeman wants to get rid of them.

WINS HUSBAND WITH "AD."

Florida Woman Married to Oklaho man She Had Never Seen.

Springfield.-Although neither had ever seen the other, Ernest Mertz, a farmer near Fairview, Okla., and Mrv Annie Fletcher of Ormond, Fla., met at the Frisco station here and were married shortly afterwards.

An advertisement inserted in a matrimonial paper by Mrs. Fletcher was read by Merts and a correspondence ensued. They exchanged letters for a year. They agreed to meet here, and if each was satisfied, to be married. Mertz arrived first and kept a constant vigil, meeting every train from the south. Mertz is 59 years old and his bride 53. They left for Oklahoma.

Mother Weds Wife's Father. Cape Girardeau .- Mr. and Mrs. Edward Kerstner of Jackson are trying to figure out their relationship to each other in all lines. His mother married her father, so they are husband and wife and stepbrother and sister. His friends were trying to help him Each parent is a parent-in-law, and succeed in business and live down a Mr. and Mrs. Gerstner are stepchildren of their own parents.

> Elliott Major Spent \$3,165. Jefferson City.-It cost Elliott W. Major \$3,165.45 for his nomination and election as governor of Missouri, according to his sworn statement of expenses filed with the secretary of state. He paid out \$620 for buttons and watch fobs, \$716 for printing, \$75.40 for lithographs, \$1,500 for postage and the remainder for clevical

Pansy Lesh Is Not Guilty. Sedalia.-Not guilty was the verdict returned by the jury here in the case of Mrs. Pansy Allen Lesh, charged with the murder of Mrs. Elizabeth M. Quaintance of Green Ridge, Mo. Judge Shain instructed the jury to acquit the woman on the ground that a confession she had made was not backed by corroborative evidence.

Two Boys Disappear. Fulton.—Sheriff John Buchanan of Fulton has been asked to locate Leonard Nails, 16 years old, and Dewey Pegg, 12 years old, former inmates of an orphan home at St. Louis, who have disappeared from the home of a Callaway county farmer by whom they

were adopted. Revival Arouses Sedalia. Sedalia.-The Union Tabernacle evangelistic meetings conducted by Evangelists Hart and Magann of Fairbury, Ill., are stirring the whole community. There have been nearly 150 conversions in two days. A total of

over 75,000 people have attended. Democrats Elect Sheriff. Greenfield.-At a special election in Dade county Ira Hall, Democrat, was elected sheriff over B. W. Smith, Republican. The election was made necessary by the fact that Hall and Smith had tied for the place at the general election in November.

Kennish Returns to Law Practice Kansas City.-John M. Kennish, judge of the supreme court, will return to Kansas City after January 1 to resume the practice of law here He was appointed to the supreme eccived from St. Petersburg say the bench three years ago by Cov. Had-

Death Bed Wish Honored. Kansas City.-Roscoe Conkling, son of the late prosecutor of Jackson county, was appointed prosecuting attorney by Gov. Hadley to succeed his father. This act of the governor was No details of the manner in which in compliance with a death bed wish

Springfield.—Settlement of the \$15, 000 damage suit brought by his 6-yearold child, George, who was seriously injured by an automobile, owned by ously hurt and one slightly injured as a result of an explosion in a grist Holland Keet, was effected through a compromise for \$6,666.

Houck Lines May Change Hands. Cape Girardeau.—It is reported that the Houck railroad between Jackson and Thiebes Bridge is about to be transferred in New York to an important railroad seeking entrance to this city and a connection with Thiebes bridge and coal roads of Illinois.

Bank President Arrested. Clinton.-John Ogden, president of the Farmers' bank of Deepwater, was arrested and placed in the Clinton jail on the charge of forgery and giving forged collateral securities

Governor-elect Again Grandfather Jefferson City.-Gov. elect Elllott W. Major is again a grandfather. The child, a boy, was born to Mrs. John Sanderson of Bowling Green, Mo., his daughter. The other child is a little girl, of whom the governor-elect is

Car Inspector Killed by Engine. Hannibal.—John T. Peterson, a Burington railroad car inspector, was un down by a switch engine, dying wo hours afterwards. He is survivo by his widow and four children.

Whenever You Use Your Back



Do not neglect any little kidne ill for the sligh troubles run into Dropsy, Gravel. Stone or Bright's

disease. Use Doan's Kidney Pills. This good

Use Doan's Kidney Pills. This good remedy cures bad kidneys.

A CHICAGO CASE.

T. H. Williams, 699 East Eim St., Chicago, Ill., says. "I had such severe pains through my kidneys I could not straighten up. My limbs became so numb II could bardly walk. I used many remedies but found no benefit until I begin taking hoan's Kidney Pills. They cured me completely and I have had no trouter the completely and I have had not not contain the completely and I have had not not contain the completely and I have had not not contain the completely and I have had not not contain the completely and I have had not not contain the completely and I have had not not contain the completely and I have had not not contain the completely and I have had not not contain the completely and I have had not not contain the completely and the

Get Doan's at Any Drug Store, DOAN'S FILLS FOSTER-MILBURN CO., Buffalo, New York

Constipation

Vanishes Forever Prompt Relief-Permanent Cure CARTER'S LITTLE LIVER PILLS never fail. Purely vegeta-ble — act surely CARTERS but gently the liver.

SMALL PILL, SMALL DOSE, SMALL PRICE, Genuine must bear Signature

Brent Good PISO'S REMEDY Best Cough Syrup. Tastes Good. Use in time. Sold by Druggists.

FOR COUCHS AND COLDS We are most apt to realize that time is money when the interest comes due.

Constipation causes and seriously aggra-vates many diseases. It is thoroughly oured by Dr. Pierce's Pellets. Tiny sugar-coated granules. Adv.

The World of Elegance.

"We never buy anything in this expensive store. Why do you gaze for hours at those dummies?" Well, Edward, one learns from them much good manners, don't you

know!" Reason for Inquiry. The following after-dinner story was related by Dr. Henry Churchill King, president of Oberlin college, before the Chicago Congregational club

"I was standing out in front of one of the big exposition buildings at the St. Louis Fair, when a man came out of the building much the worse for 'What's the name of thish here

banquet:

building?' he asked, as he reeled away. "I told him the name of the building.
"Thanks,' he said, 'I was just in it, and I wanted to check it off."



Wayback-What be yore son doin'

tew th' city? Hayloft—He's studyin' fer a doctor. Wayback—The idea! Is th' doctor. tew lazy tew study for hisself?

A DOCTOR'S SLEEP Found He Had to Leave Off Coffee, Many persons do not realize that a bad stomach will cause insomnia. Coffee and tea drinking being such an ancient and respectable form of

habit, few realize that the drug-caf-

feine-contained in coffee and tea, is one of the principal causes of dyspepsia and nervous troubles. Without their usual portion of coffee or tea, the caffelne topers are nervous, irritable and fretful. That's the way with a whisky drinker. He

has got to have his dram "to settle his

nerves"-habit. To leave off coffee or tea is an easy matter if you want to try it, because Postum gives a gentle but natural support to the nerves and does not contain any drug-nothing but food. Physicians know this to be true, as

one from Ga, writes: "I have cured myself of a longstanding case of Nervous Dyspepsia by leaving off coffee and using Postum," says the doctor.

"I also enjoy refreshing sleep, to which I've been an utter stranger for 20 years.

"In treating dyspepsia in its various types, I find little trouble when I can induce patients to quit coffee and adopt Postum.'

The Dr. is right and "there's a reason." Rend the little book, "The Road to Wellville," in pkgs. Postum now comes in concentrated, powder form called Instant Postum

It is prepared by stirring a level teaspoonful in a cup of hot water, adding sugar to taste, and enough cream to bring the color to golden brown. Instant Postum is convenient:

there's no waste; and the flavour is always uniform. Sold by grocers-50cup tin 30 cts., 100-cup tin 50 cts. A 5-cup trial tin mailed for grocer's

name and 2-cent stamp for postage. Postum Cereal Co., Ltd., Battle Greek,